

Dr. Colin Gage

Nicola Valley Chiropractic
2076A Granite Ave.
P.O. Box 909
Merritt, BC
V1K 1B8

Ph: (250) 378-5456
Fax: (250) 378-8259
Email: info@merrittchiro.com
Website: www.merrittchiro.com

"treating the cause of your problem, not just the symptoms"

Back Pain, Prevention and Treatment

Walking upright on two feet has advantages, but it also puts intense pressure on the spine, as well, as on other muscles and bones. Add to this improper sitting, lifting, or reaching- and the normal wear and tear of working and playing- and you have the perfect recipe for back pain. That's why back pain is the 2nd most common reason for visits to the doctor's office, out-numbered only by upper-respiratory infections. In fact, some experts say, as many as 80% of us will experience a back problem at some time in our lives.

Back injuries are a part of everyday life. They can cause a sharp pain or a dull ache and can be accompanied by a tingling, numbness, or burning sensation. You may also feel weakness, pain, or tingling in your pelvis and upper leg- a condition known as sciatica. The spine is quite good at dealing with back injuries. Minor injuries usually heal within a day or two. Some pain, however, continues. What makes it last longer is not entirely understood, but researchers suspect that stress, mood changes, and the fear of further injury may prevent patients from being active and exacerbate the pain.

In order to prevent back pain from occurring in the first place, consider the following tips:

- * Maintain a healthy diet and weight.
- * Remain active- under the supervision of your doctor of chiropractic.
- * Avoid prolonged inactivity or bed rest.
- * Warm up or stretch before exercising or other physical activities, such as gardening.
- * Maintain proper posture.
- * Wear comfortable, low-heeled shoes.
- * Sleep on a mattress of medium firmness to minimize any curve in your spine.
- * Lift with your knees, keep the object close to your body, and do not twist when lifting.
- * Quit smoking. Smoking impairs blood flow, resulting in oxygen and nutrient deprivation to spinal tissues.
- * Work with your doctor of chiropractic to ensure that your workstation is economically correct.

If you are already experiencing back pain, consult your doctor of chiropractic. More than 30 million Americans sought chiropractic care last year alone. Past studies have indicated that consumers are very happy with the chiropractic care they receive. With a thorough knowledge of the structure and functioning of the human body, doctors of chiropractic

make diagnoses and take steps to correct problems using spinal adjustments, dietary and lifestyle advice, and other natural tools. Spinal manipulation-the primary form of treatment performed by doctors of chiropractic-is a recommended option for back pain treatment, rated as such by many provincial and workers' compensation guidelines. Research has shown that manipulative therapy and spinal manipulation are not only safe and effective, but can cut costs and get workers back on the job faster than other treatments. A recent medical study has also pointed out that manual manipulation offers better short-term relief of chronic back pain than medication.

Your doctor of chiropractic has the knowledge, training, and expertise to help you understand what your problem is and, in many cases, manage it successfully. Remember, however, that the treatment program can be successful only with your active participation. If your doctor of chiropractic feels that he or she cannot help you, you will be directed to another health care provider.